

# The Tribune Institute

## Housekeeping as a Profession

### "SHE CERTAINLY COULD COOK"

*When Maryland and France Meet in the Kitchen the Dining-Room Becomes a Place Where Health and Happiness Are Equally Served*

**T**WENTY miles out of the National Capital, on the road to Rosaryville, is the Dower House. Through certain summer months, when Congress has been struggling with heat and duty, there is no telling what beneficent effects have been produced on legislation by the mystic foods served under its ancient roof.

From the time you roll in through the narrow gate by the "weir" till you arrive, after half a mile of winding road, at the circular hedge with its Wishing Tree, and the mellow, porticoed house; until you leave with a comforting memory of savory viands served before an eight-foot fireplace in a room glowing dimly in the softest candle light—you are soothed in mind and body.

Maryland cookery of home-grown country foods—with a French finish; down South, "Old Mammy" intuition, subtly blended with brains and foreign travel, and an environment that is a gracious memory of days when people lived primarily—to live; all these are fused to give delight to those who know the way to the Dower House!

Many a dignitary has stood at the narrow doorway while his credentials were read—for only the motor can land you there; only the telephone "put your name in the pot," and the good word is passed by word of mouth from friend to friend.

The famous Gridiron Club has foregathered there, and a former Secretary of State has sworn to chisel on the tomb of the mistress of the Dower House this signed statement for her epitaph:

"She certainly could cook."

There is scientific cooking, and there is inspired cooking—just as there is a religion of cold logic and one of impassioned conviction—but when you have both at once you are saved beyond peradventure!

Once on a time, when "Uncle Joe" Cannon was having a dinner party of sixteen in the big dining room, the current Secretary of State phoned out and asked for a humble side room in which he and the President could have a bite together with a couple of "pals"—"statesmen and such."

It was that particular President's first visit (but not his last), and the best point lace centrepiece, and the rarest glass and china, and the most Irish linen available were duly spread upon the board for a *partie carrée*.

At twenty minutes before the hour the phone announced that a party of fourteen were trustfully on the way—the Senator who was invited having had a dinner party of his own on hand, every member of which had been annexed!

"Aunt Mary," who presides over the kitchen, had the news broken to her—and any woman who has announced to the cook one extra guest just as dinner is to be served knows that battlefields call for no more valor!

The moment is still vivid in the mind of the brave mistress of the house. Let her tell it:

"The look she gave me cannot be described. For one-half minute her eyes held mine to take in the full significance of the situation. Waving her hand in a way peculiar to her, she said, 'Miss Tillie, you go on in de house'—then, turning to two little negro girls that we keep to run errands, she said in a tone that was instantly obeyed, 'Yo'all go on down and wring me off de necks of a few mo' chickens!' Mr. President had to wait half an hour for his dinner, but he enjoyed the dinner and the story equally well."

We are sure that you, too, will enjoy this glimpse of the fine old house, its amazing mistress, and some of her recipes.

*Anne Lewis Pine*  
Director Tribune Institute.

### Dower House Hors d'Oeuvres

By MATILDA DUVALL,  
Mistress of the Dower House.

**T**HE artistic side of eating is little known in this country of ours, except in those hotels that cater to the "merely rich," or possibly to those who, having made money, naturally try to enjoy spending it.

As a general thing, however, few persons know how much more enjoyable a meal can be made by substituting *hors d'oeuvres* for soup and fish if the desire is to be economical as well as artistic.

All women like fascinating little dishes. There is scarcely a house that does not boast a silver salver. If, however, this is missing, all the more pleasure is it to hunt up one of the square Chinese trays with its inlaid landscape. These retail for 15 or 18 cents, and two or three inexpensive blue plates can be fitted on the tray so as to have little play for the dishes.

Butter should be served in one, cream cheese in another and marmalade in the third. And if the tray is of such a shape that four plates could be used instead of the three, Russian relish may be used on the fourth plate. At some of the shops that carry imported china, stands are found which turn on a centre pin. These stands hold four dishes which exactly fit in the spaces assigned them. With these—*as a course*, and served on a plate by itself—may be offered thin slices of smoked salt salmon, broiled or browned in a hot oven, or very thin sliced ham broiled to a crisp; dainty slices of bread and butter, or thin hot biscuits. In giving the recipes of course I shall include one for these biscuits, which may also be served for afternoon tea or for breakfast.

For high tea these four *hors d'oeuvres*, and

tea, plenty of it, and a cake basket piled high with sponge cake will mean "success" for the hostess.

#### SWEET BUTTER.

The great difficulty of obtaining sweet butter led me to experiment with a pint of thick cream and a quart preserve jar.

Scald the preserve jar well, fit a new rubber to the top, pour in the cream, which should have stood for a couple of hours in the kitchen, although not necessarily near the stove—the temperature of the cream should be about that of the room; shake the jar regularly and energetically for perhaps five minutes. If by then butter has not "come," use a Dover beater which is small enough to slip inside the jar.

After beating for a minute or two remove the egg beater, screw on the top and shake the can. In a few minutes you will have a generous ball of butter, depending, of course, on the richness of the cream for its size.

This should be washed by putting into a bowl of clean cold water and mashing with a silver tablespoon against the side of the bowl to extract the milk. Rinse in another bowl of cold water, form into a compact square "pat" of butter, and stand on the ice to get firm. Cut in neat squares with a knife dipped once in hot water. After the butter is arranged on a plate stand it in the icebox or cover with pounded ice, for sweet butter melts easily.

#### MARMALADE.

To make marmalade requires time, fruit and sugar.

Apples make the best marmalade; sour apples are to be preferred to sweet apples. Wash the

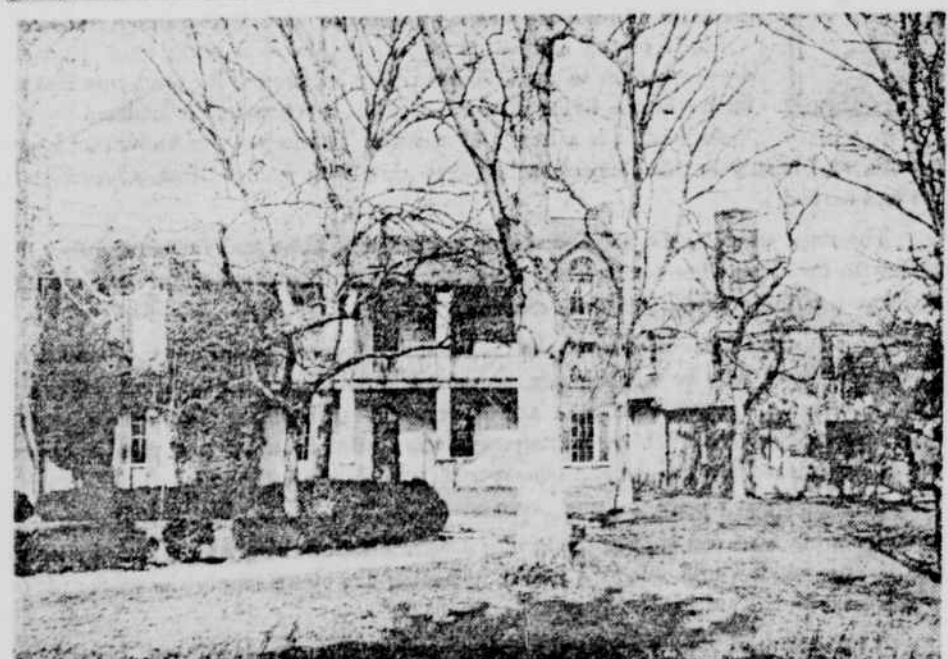
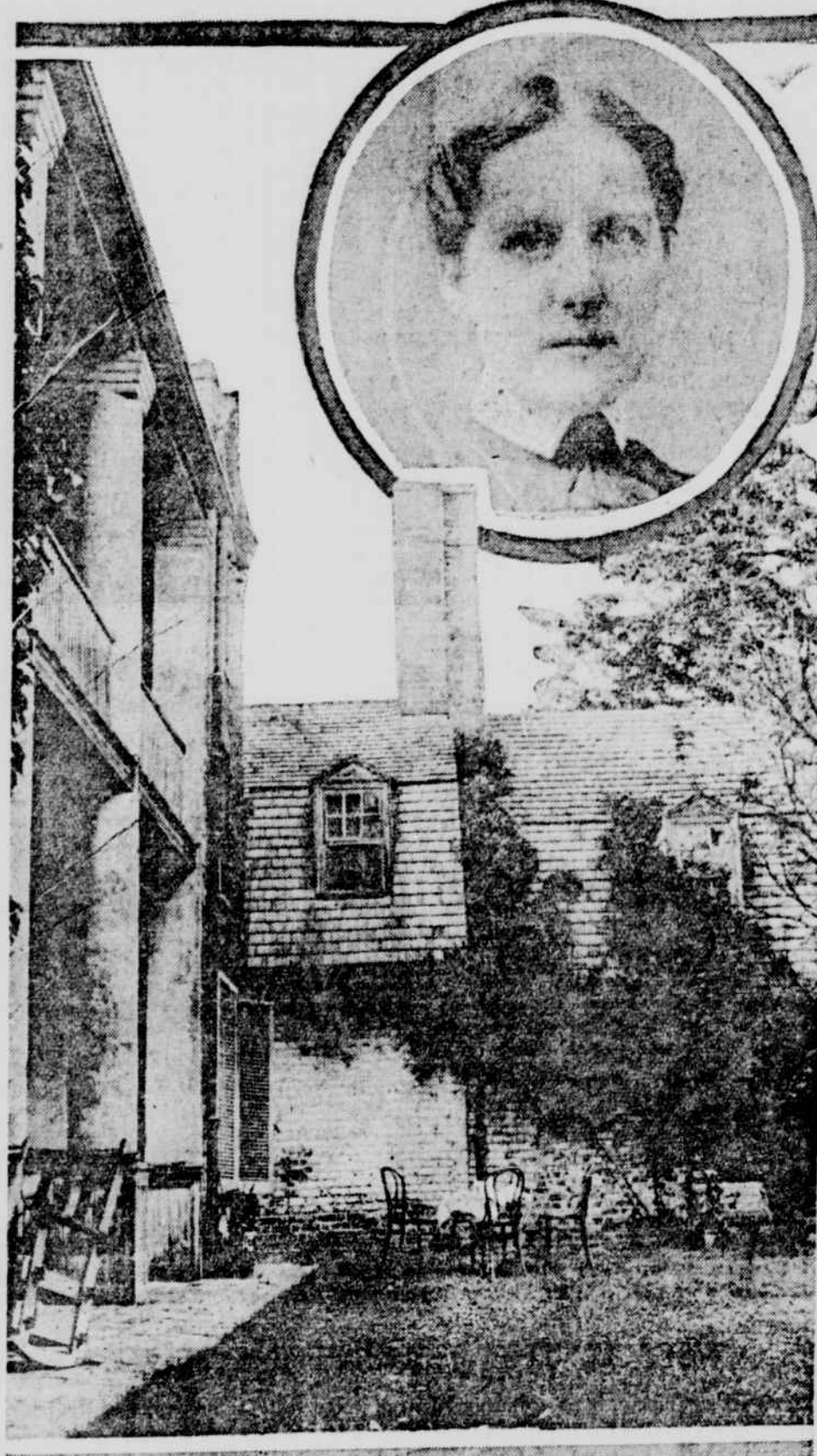
apples, removing any worm spots or bruises. Do not peel or core. Instead, cut the apples up into small pieces, add a cupful of water or less, cover tight and cook with as little heat as will keep the boiling point.

When the apples are stewed to a pulp, press through a strainer or sieve. Nothing should remain in the sieve but the seeds and cores, and the pulp should be smooth.

Return to the fire, measuring into a clean saucepan, not the one the apples were cooked in unless it is thoroughly washed, as almost invariably the apple will adhere to the saucepan in one or more little centres or spots. To every cupful of pulp must be added a cupful of sugar.

Stir constantly, or, if this is not possible, frequently, to avoid burning. When the pulp begins to look transparent, try a little on a saucer or tablespoon that has been standing on the ice. It should harden like jelly, but if it does not become entirely hard it is still very delicious. But if the syrup and pulp separate when it is tested, it must not be removed from the fire.

A little practice will enable any one to make good marmalade. The danger of burning is the one thing to be kept in mind. Apple marmalade may be flavored with the grated rind of a lemon or orange, or a cupful of grated pine-



*The Dower House and Its Mistress. A Corner Where Afternoon Tea Is Served on the Lawn Just Below the Haunted Chamber Shrouded in Roses. Below Is the Famous Old House Itself, Built by the Second Lord Baltimore in 1641.*

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apple added to the pulp at the time it is returned to the stove after the addition of the sugar. Marmalade needs long, slow boiling.

#### RUSSIAN RELISH.

Almost any fresh vegetable or fruit may be used in making this dish. There should be at least five different kinds. For instance, in the early spring watercress will supply the green color; later in the summer string beans, previously boiled, will supply the necessary green, or a small head of tender young cabbage may be minced. It is necessary that attention be paid to the appearance as well as to the taste. There should always be one red vegetable, even if it must be a slice of pimento. There should always be something yellow or white and, of course, green. The bulk of the relish may be made of any of the following:

Apple, celery, onion, corn (which must be fresh and previously boiled), peas, cold (which also have been boiled), firm tomatoes, snap beans, green peppers, small carrots, cucumbers, pears, peaches.

Care always should be taken that one green vegetable and one red vegetable shall be used with the other light vegetables, and all must be well chilled.

#### DIRECTIONS FOR MAKING.

Use a chopping board and a well sharpened

*4 Meal Well Begun Is a Victory Half Won: With Such Hors d'Oeuvres at Home, What Man Would Care to Roam?*

French knife, in order that the vegetables shall not be torn but cut sharply into small pieces. It is wise to leave the dressing of this relish until the last moment, as salt and vinegar naturally draw the juices from the fruits and vegetables. I have found it a good practice to stand a small fine wire strainer over a bowl; into the strainer I pour the chopped vegetables and stand in the icebox until ready to serve. The dressing is also kept in the icebox until ready for use. In this way the relish is not at all watery, but firm and cold.

#### DRESSING.

One part best French mustard, three parts best olive oil and three parts thick cream. Stir for a minute until well mixed, season very highly with pepper, salt and paprika. This dressing is delicious on cold fish, chicken salad, fruit salad or, in fact, as a general substitute for mayonnaise, and will keep indefinitely on ice.

#### EGGS WITH ANCHOVY SAUCE.

At most delicatessen shops or large grocery stores may be bought tiny little cans of anchovy paste. These sell, as a rule, for 10 cents apiece.

To make the sauce, melt one rounded tablespoonful of butter and one tablespoonful of flour, *heaped high*. When thoroughly blended, add one cupful of milk and the contents of the tiny can of anchovy paste.

When the sauce has boiled up remove it from the fire, stir until very smooth and pour it over hard boiled eggs that have been shelled, cut in half and laid face down on the plate on which they are to be served. Pour the sauce over the eggs evenly, sprinkle with a little finely chopped parsley or celery and dust with paprika.

This is a wonderful dish for a late supper, and served with cold beer and thin slices of rye bread will be found a pleasant change from the "usual."

For luncheon, as an entrée, it should be served hot and then the sauce should be poured in an individual casserole or, should this not be handy, in a baking dish. Fresh eggs, carefully opened, are dropped in this hot sauce and a little cheese grated over the top, and paprika, and the whole stood in a very hot oven long enough to "set" the egg. This may be served as a course by itself with thin biscuits.

#### CREAM CHEESE.

In the country it is natural to have plenty of milk, cream and curd, but even in the city it is quite easy to have cream cheese such as is served at the Dower House by buying a cake of Philadelphia cream cheese and a half pint of double cream.

Neither should be very cold, as it is difficult to incorporate the cream with the cream cheese if chilled and hard.

Use a silver fork to break the cream cheese against the side of a quart bowl. Gradually work all the cream into the cheese, beating as little as possible; instead of beating mash the cheese and cream together with a fork, add a little salt and some paprika.

When all is smooth stand the bowl in the icebox for an hour or so. Serve with chives minced fine, a little minced parsley and some

chopped sweet red pepper, or a little sprinkling of paprika, on top.

#### DELECTABLE PATTIES.

Use the recipe for thin biscuits and take a very small cutter or, for the want of that, a silver knife can be used, or a fork, to cut the centre out of the top crust of a biscuit. This leaves a little of the top around the edges and the entire bottom crust. In the cavity thus formed drop some of the following mixture. Sprinkle with a few crumbs and a dusting of grated cheese or piece of butter. Stand in the hot oven until all is nicely brown. Serve very hot.

#### THREE FILLINGS FOR THE PATTIES.

If there should be left from dinner a small piece of fresh fish, mash it fine with a silver fork, add a teaspoonful, or more, of onion juice, a little olive oil and minced olive. Pile this high out of the biscuit, fully half an inch higher than the top crust.

Another good mixture is to use a small piece of calf's liver. Put in a saucepan with an onion, a piece of garlic, a piece of bay leaf and boil until tender. When it is quite done and the mixture is all boiled back into the liver (but the liver should not be allowed to brown), reduce this liver to a paste, by mashing smooth, using olive oil or cream and seasoning highly with salt and pepper.

Creamed oysters may be substituted for either of the above if oysters are preferred. In every instance use enough salt and pepper. Butter should always be put on top before it is placed in the oven. One biscuit for each person is the usual allowance. These may be served as *hors d'oeuvres*.

#### THIN BISCUITS.

For a family of four—provided, of course, there is no half-grown boy in the family—a pint of flour may be found sufficient.

Sift in a bowl, add one-half teaspoonful salt, two and one-half teaspoonfuls of baking powder, stirring with a steel fork or a silver one, but on no account using the hands. Press into the flour a tablespoonful of cold lard. The tablespoon should be full of lard; in other words, a piece of lard, fully as large as a hen's egg should be shredded into the flour. This is easily and quickly accomplished by scraping with the fork with a sideways twist of the hand against the lard. This will bring thin shavings of lard all through the flour.

As soon as this is accomplished—which should take much less time than it takes to tell how to do it—wet the flour with milk into a stiff dough, so stiff that there is no difficulty in getting it all to adhere to the fork, turn onto a well floured board, roll very thin—no more than a quarter of an inch in thickness—and cut with a biscuit cutter.

Place on a flat iron pan that has not been greased or floured. When the oven is hot put the biscuits on the bottom until well browned, then put on the top side so as to brown the top.

The entire baking of these biscuits should not take over five or six minutes, provided, of course the oven is what is called a "good, brisk oven."

In the words of our old colored cook: "After dat oven is so hot yo' just can't hol' yo' han' in it and dat wave of heat busts out in yo' face, dat's jes' de right time to put de biscuits in."

### Sleeping in the Open Air

By EMMA GARY WALLACE.

**I**NVESTIGATION has recently been made by the National Council of Education and the American Medical Association, which reveals the startling fact that the physical condition of children in the country is inferior to that of little people in the crowded cities. This decision is the result of a large amount of statistics taken from both places.

There are several reasons why the child in the country is at a disadvantage. He has not had careful medical inspection as the city child has. Country school houses and their accompanying outhouses frequently are unsanitary, and the principles of health are not always observed in the home.

One of the main factors in building up strong, healthy childhood is plenty of sleep; but if this sleep is taken in ill ventilated rooms the benefit derived from it is materially lessened.

It is not a difficult matter to build a sleeping porch or to curtain off room enough on another porch or veranda for a bed or cot. It is not desirable to have the outside sleeping room entirely open to the weather, especially in storms. Canvas awnings firmly fastened at the top and arranged on pulleys so they can be drawn up and down, should be provided to keep out dust, rain or snow.

If open air sleeping is begun in the summer, it may be continued until late in the fall, or possibly all winter, whereas it would be impossible to begin sleeping out with any degree of comfort after the season is well advanced.

Avoid heavy bed clothing, either in the house or on the outdoor bed, as these tire the sleeper and really are not needed for comfort. The right kind of light coverings are warmer than

heavy, loggy ones. When the weather is cool flannel blankets are more comfortable to sleep in than cotton sheets, and if the temperature requires it an outing flannel night garment with a snug head covering should be provided. A down quilt will keep out wind and chill even in the severest weather.

Many people think that it is a sign of weakness to warm the bed with hot water bottles, but why should the heat of the body be used up to make an outdoor bed warm? It is more sensible to warm it nicely with a hot water bottle or can, so that the sleeper may be comfortable at once. Best of all is the practice of keeping bedding and mattress in a warm room all day and making up the outdoor bed just before retiring. There is no advantage in shivering. What we are after is cool, fresh air. A bed chilled by standing all day in the freezing air serves no purpose of health.

Outside or indoor beds should be thoroughly aired each morning, mattresses frequently sunned and beaten, and pillows stripped of their cases and hung in the sunshine. It is not unusual to come across pillows which have been in use for years, with no other sanitary precaution than the changing of the pillow cases. Occasionally feathers should be renovated and pillow tickings washed. Frequent airing and sunning are important factors in keeping pillows healthy.

If a child sleeps with its mouth open or makes a snoring noise, it is a sign that adenoid growths or some other obstructions are present, and a physician should be consulted at once. Peaceful, refreshing sleep is impossible without clear nasal passages. Nothing builds up the resistance to disease, and especially to infection from colds, more surely than plenty of properly regulated sleep and fresh air.